



PAUSE, REFLECT,
REFRESH!

NURTURE

A HEALING RETREAT IN
THE HIMALAYAS

2nd - 9th November 2019
Baikunth Resorts, Kasauli

www.nurtureretreat.in

WHY

NURTURE?



NURTURE MEANS TO “CARE FOR & PROTECT (SOMEONE OR SOMETHING) WHILE THEY ARE GROWING.”

**AT THIS RETREAT, THIS SOMEONE IS YOU.
CONSIDER THESE 6 DAYS AS A SACRED
TIME OUT TO NOURISH YOUR BEING – TO
PAUSE, REFLECT AND REFRESH!**

- Would you like to be more energetic at the start and end of your day? Would you like to eat all you want and yet feel lighter and weigh less? Would you like to have better digestion and a glowing skin?
- Would you like to learn daily rituals to support your health? Would you like to experience a natural way of living, which can keep you healthy and active now and as you age?
- Would you like to learn healthy cooking techniques that even your kids find delicious?
- Would you like to improve your medical reports? Would you like to learn to prevent chronic diseases like diabetes, thyroid, PCOD, high blood pressure, cholesterol and even cancer?

NURTURE IS AN INVITATION TO PAUSE FROM THE TRAJECTORY OF YOUR CURRENT BUSY LIFE. IT IS A CHANCE TO EXPERIENCE THE HEALING POWER OF NATURAL LIVING.

NURTURE IS CONDUCTED BY 3 RENOWNED HEALTH AND WELLNESS EXPERTS. IT IS AN OPPORTUNITY TO UPGRADE YOUR KNOWLEDGE WITH THE LATEST SCIENTIFIC DISCOVERIES IN NUTRITION AND LIFESTYLE AS POWERFUL MEDICINE.

WHERE?

Kasauli, a small hill town in Himachal Pradesh, is home to colonial-era houses, orchards and green-roofed churches. March is the perfect time to be here. The winter chill has just given way to the warm spring- time sunshine. Wild red rhododendrons are in full bloom and forests infused with the aromas of the pines.

Set amidst 5 acres of pristine pine forests, Baikunth resort is a haven of tranquillity. It has a panoramic view of the surrounding mountains with vast stretches of blue skies overhead speckled with puffy white clouds, spectacular sunsets that darken into starlit skies.

The only sounds to be heard are the soft rustling of the trees and the distant calls of the birds. The resort offers comfort and luxury in the lap of nature. Each room & cottage has its own private balcony or courtyard with a majestic view of the valley and the Kasauli hills.

For more information log on to www.baikunth.com/kasauli.home

Baikunth Resort



ABOUT THE FACILITATORS

DR. RASHMI MENON



Dr. Rashmi Menon is a medical doctor with over 20 years of clinical experience. Her study and practise of holistic healing techniques helped her heal herself of bone loss, endometriosis and asthma. She now helps her patients reverse their lifestyle diseases by guiding them to live a wholesome life. Her biggest breakthrough happened when 3 of her patients healed themselves of different kinds of cancer, without undergoing chemo, radiation or any medication.

Rashmi is a raw foods and lives a minimalist life. She practices meditation, sound healing and mind body reconnection.

www.therayofhappiness.com

NANDINI GULATI



Nandini is a health and habits coach, environmentalist and corporate trainer. She integrates ancient practices of natural living with the latest science of nutrition, lifestyle and the psychology of habit change.

By changing her lifestyle, she reversed her own hypertension, pre-diabetes and shed 30 kilos of excess weight. She is the co-author of the bestselling, Guilt-free Vegan Cookbook.

Nandini loves telling stories that inspire and teach at the same time. Her passion is to reconnect people to nature and inspire them to live a low carbon lifestyle within their current circumstances. She spends a considerable part of her time spreading awareness about climate change.

www.healthyhabitsnow.com

BHAVNA KAPOOR



Bhavna Kapoor is a certified Holistic Health Coach specializing in Plant based Nutrition. She has 29 years of training in Iyengar Yoga and is deeply devoted to the study and practice of healing through the elements of nature. Bhavna's personal experience of curing chronic sinus, gastric problems and borderline piles through shifts in diet and lifestyle gave her a clear mission – to Make Healthy Living Simple. She has an online cooking show 'Healthy Vegan Cooking' on on #Famefoods Youtube.

Bhavna is an avid mountaineer and rock climber, a photographer and writer and a student of Buddhist philosophy.

www.healthnut.in

DAILY SESSIONS

- Greet each morning with a refreshing nature walk in the nearby forest paths or choose a yoga or meditation session.
- After breakfast, join an experiential learning sessions with the facilitators and group activities.
- Relax with an indulgent massage in the spa, cooking classes and sporting for fun with the participants. Watch the sun go down before dinner.
- Enjoy a post dinner chat, get to know others, listen to stories, watch a movie or share challenges and ideas.



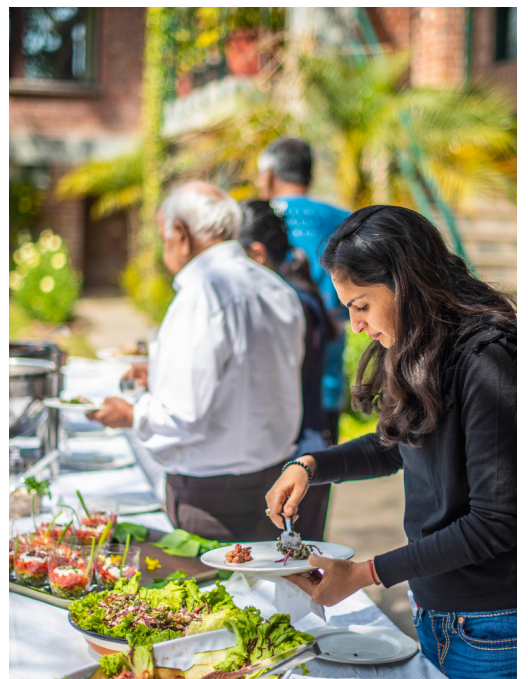
DAILY ACTIVITIES

EARLY MORNING	Yoga	Meditation	Nature Walks	Chanting
MID MORNING	Nutrition Education	Menu Planning	Mindful Eating	Group Activities
AFTERNOON	Cooking Classes	Doctor Consults	Spa	Rest
EVENING	Group Sports	Nature Walks	Sun Gazing	Story telling
NIGHT	Fun & Games	Educational Games	Bonfire	Star Gazing

HIGHLIGHTS



- Nutrition and lifestyle education - Learn the latest scientific and practical information about optimal health through food and living habits.
- Connect with the 5 elements - Life giving sun, fresh mountain air, gurgling streams, forest bathing and open vistas.
- Organic whole plant based yummy meals - A variety of cuisines and flavours. We go to great lengths to source directly from organic farmers.
- Delicious, easy and wholesome cooking classes - Each of the facilitators present their favourite recipes.
- Playtime! Group interaction sports like basketball, badminton, billiards and chess.
- A visit to old Kasauli town and market to wander through old world hill town charm
- One complimentary massage at the spa.



WHAT OUR PARTICIPANTS SAY



“The way the programs were integrated, and the food we were eating, every single thing we put in our mouth is what is supposed to be healthy for us and you know you are in safe hands as it’s being done by experts. The one thing I want to take back is absolute empowerment.”

Urmi Shroff ((Marketing Professional)

“I’ve been taking blood pressure medicines for the last 10 years. And last month my doctor added another medicine. After this retreat I find that I don’t need them any longer. I was suffering from acidity and constipation. That is all gone. It’s unbelievable. My main learning is that we have to be as close to nature as possible because we have had a disconnect with nature. I feel much better, much lighter. So there is every reason why everyone should attend this retreat.”

Naresh Bansal (Chartered Accountant)

“I’m a yoga teacher and already follow a healthy lifestyle. I was drawn to Nurture retreat because of three things 1) The itinerary 2) The place 3)The food. Though i was doing everything back home but i like how they had packed it meticulously. Everything was planned in great detail. After returning home, I’m able to do things in a more orderly way and regularly. It has become a part of my daily rituals because it was taught by 3 people who are passionate about what they do and instil it with much love and patience. I’m ever grateful for what I learnt and the impact it has left on my personality.”

Salma Lakdawalla (Yoga Teacher)

ACCOMODATION OPTIONS

Superior Rooms (valley view with Balcony) which can be booked on single occupancy or twin sharing.

COST AND PAYMENT OPTIONS

(All rates mentioned are per person and exclusive of 18% G.S.T.)

ACCOMODATION TYPE	Early Bird (Till 29th September)	Full Price (After 29th September)
TWIN SHARING	65,000/-	72,000/-
SINGLE OCCUPANCY	91,000/-	98,000/-



INCLUSIONS: Accommodation at the resort for 6 nights, Organic Plant based Meals from 2nd Nov evening to 8th Nov breakfast), group sessions with facilitators, a visit to Kasauli old town and one complimentary massage at the spa.

NOT INCLUDED: Travel to and from destination, transfers, tips, extra shopping or personal sessions with facilitators and anything that is not mentioned above.

BOOKING PROCEDURE

- Pay the booking amount of Rs. 15,000/- through a bank transfer or via www.nurtureretreat.in
- Send an email to info@healthyhabitsnow.com confirming your booking.
- We will send you a health history form to fill and send us along with relevant health reports. The details on the form will help us serve you better and take care of your dietary preferences during the retreat. If for any reason, we feel that the retreat is not suitable for you, we will inform you and refund the booking amount.
- In case you are alone and signing up for twin sharing, we will try our best to allot a room with the best fit (same gender, age group, etc.). However we cannot guarantee this. Hence you are recommended to bring your own partner.
- Get in touch with the Resort if you'd like your transfers to be arranged.
- Make balance payment by 1st October



CANCELLATION POLICY

- Cancellations by 10th October – Full refund (minus Deposit)
- Cancellations after 10th October – 60% refund (minus deposit)

TRAVEL OPTIONS

- Closest Airport – Chandigarh 71 km. (well connected with all major cities)
- Closest Railway station – Kalka Railway 38 km.
- Next best option – Chandigarh Railway Station 56 km.

ROUTE OPTIONS

- Distance from Delhi – 298 km
- From New Delhi – NH 1 to Ambala, NH 22 to Dharampur via Pinjore, Kalka, Parwanoo and Jabli. Before Dharampur turn left for Garkhal (10 Kms).
- From Garkhal turn right on Jagjit Nagar road for Baikunth Resorts (3 Kms)



LOCATION & ALTITUDE

Baikunth Resort, Kasauli Village Chabbal, P.O. Garkhal,
Tehsil - Kasauli, District - Solan, Himachal Pradesh - 173201

Kasauli is 1900 m above Sea level. The hill station tucked in the Shivaliks range has a pleasant climate all through the year. In March end, days are sunny with temperatures going upto 27°C and a minimum temperature of 14°C in the evenings.

FOR MORE INFORMATION, YOU CAN CONTACT:

Bhavna - 9821524977 | Nandini - 9871620526 | Whatsapp - Dr. Rashmi - 9769238137

